



# MISSOURI NUTRITION NETWORK

## EAT FOR HEALTH



The Missouri Nutrition Network is pleased to provide menu and snack ideas for this calendar to help families prepare low-fat meals and increase their intake of fruits, vegetables, and grain products and be physically active each day. The Make it Easy meal cards are part of the “Eat for Health” campaign to increase the number of Missourians fixing healthful meals and snacks by focusing on three action messages.

- Eat 5 a day - increasing intake of fruits and vegetables
- Bake, Broil, and Boil - promoting the use of low-fat cooking methods
- Grab More Grains - increasing intake of grains and beans

Preparing healthful dinners and snacks is the first step to improving a family's overall health. Healthful dinners and snacks can be convenient and affordable. See for yourself, try the great recipes and snack ideas included in this calendar.

We believe all Missourians have a right to the benefits that a healthful diet provides. The public and private partners of the Missouri Nutrition Network unite to promote food and nutrition as a component of a healthy lifestyle. The network researches, utilizes, and evaluates methods of effective nutrition education. Missouri children and families benefit through exposure to focused and reinforced nutrition messages in their communities, consistent messages from food and nutrition service providers, and increased availability to sources for nutrition information.

For more information on the Missouri Nutrition Network, contact: the Missouri Nutrition Network Coordinator, Missouri Department of Health and Senior Services at (573) 751-6183 or on the web at <http://www.dhss.mo.gov/mnn>.

# *AgriMissouri*

# Strawberry Yogurt Shake

- ½ cup unsweetened pineapple juice
- ¾ cup plain low fat yogurt
- 1 ½ cups frozen, unsweetened strawberries
- 1 tsp. granulated sugar



1. Add ingredients, in order listed, to blender container.
2. Puree at medium speed, until thick and smooth.
3. Makes two 1 – ½ cup servings.

Per Serving: 136 calories, 5.1 g protein, 26.8 g carbohydrates, 1.3 g fat, 2.6 g fiber, 4 mg cholesterol, 63 mg sodium

Adapted from: 5 A Day for Better Health Program recipes

The "Eat for Health" Campaign was developed by the Missouri Nutrition Network a nonprofit, collaborative effort of public and private organizations throughout the state. Partial funding for this project come from the United States Department of Agriculture (USDA) Food Stamp Program.

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# Oriental Green Peas

- 1 Tbsp. unsalted butter
- 2 teaspoons honey
- ¼ cup chicken stock
- 1 tsp. soy sauce
- 2 large scallions, trimmed and sliced, including most of the green parts
- 1 - 10 ounce package frozen green peas
- 1 - 8 ounce can sliced water chestnuts, drained
- salt and pepper to taste



1. Combine first 5 ingredients in a microwave bowl.
2. Cook on high power for 3 minutes. Then stir in peas and water chestnuts.
3. Cook uncovered for 4 minutes more or until peas are tender and hot, stirring once during this time.
4. Add scallions, salt and red pepper oil and cook 1 minute longer. Serve at once.

Adapted recipe from: American Frozen Food Institute for 5 A Day for Better Health Program Recipes

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# Make-It-Easy Meal

Strawberry Yogurt Shake  
Bran Muffins  
Milk



Try different types of fruit in your breakfast shake!  
Use fruit as a quick and healthy snack!

## Shopping List

Pineapple juice      bran muffins  
Frozen strawberries      milk  
low-fat plain yogurt

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# Grapes & Grains

2 tble. olive or other vegetable oil  
2 tble. lemon juice  
1 tble. orange juice  
2 cups cooked barley  
1 ½ cups seedless grapes  
½ cup sliced celery  
¼ cup sliced green onions  
1/8 tsp. salt  
1/8 tsp. pepper



1. In a bowl, mix together oil, lemon and orange juices. Add barley, grapes, celery, and onions, tossing to coat
  2. Season with salt and pepper; chill until serving time.
- Makes 4 servings.

Per serving: Calories 246, 42 g carbohydrates, 2 g protein, 8 g fat, 8 g fiber, 0 mg. Cholesterol, 89 mg sodium

Adapted from: 5 A Day for Better Health Program Recipes

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## Recipe Tips for Kids

### Kid Favorite Recipe and Snack Tips!

- Let kids make their own shakes by blending together frozen fruits, flavored yogurt and 100% fruit juice.
- Drink 100% fruit and vegetable juices in place of high-calorie drinks, such as soft drinks. Remember, one serving is 6 ounces or  $\frac{3}{4}$  of a cup.
- Have kids cup up their favorite fresh fruits to freeze and use later to make their own combinations of shakes and smoothies.
- Encourage kids to eat dried fruit instead of candy.
- Go shopping with your kids and let them pick out a new fruit to try.

Adapted from: Produce for Better Health Foundation



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## Make-It-Easy Meal

Tomato Topped Fish Fillets  
Tossed Salad  
Fresh or Canned Fruit  
Milk



Try the Perfect Corn-on-the-cob with  
Chili Lime Butter recipe to go with this meal!

### Shopping List

Fish fillets such as flounder, sole, or perch  
Tomatoes Canned or fresh fruit  
Salad ingredients or prepared salad  
Low-fat salad dressing Bread crumbs  
Parmesan cheese, grated Milk

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# Eat for Health Tips:



- Have cut-up raw vegetables for an afternoon snack. Cut them up or buy the pre-packaged ones. Boccoli, carrots, and cauliflower are nutritious choices.
- When it's snack time, grab an apple or orange, or make a ready-to-eat bag of sweet cherries.
- Pack ready-to-eat fruits and vegetables for a convenient snack on the go.
- For a quick, handy, take-along 5 A Day snack, try dried dates, figs, dried plums, raisins, apricots, and others.

Tips provided by the Produce for Better Health Foundation, [www.5aday.org](http://www.5aday.org)

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# Perfect Corn-on-the-Cob With Chili Lime Butter

- 4 Tbsp. Salted, trans-fat free margarine
- 1 tsp. grated lime peel
- 2 Tbsp. fresh lime juice
- 1 tsp. chili seasoning
- 4 ears of yellow corn-on-the-cob, in husk

1. Combine margarine with lime peel, juice and chili seasoning. Mix until all the juice has been incorporated into the margarine. Let stand 30 minutes.
2. Remove outer leaves of corn husk, leave inner leaves and silk. Rinse in cold water and place in a plastic storage bag. Close bag, leaving 1 inch opening. Place bag in microwave and cook on high for 4 minutes. Remove carefully. Cool. Peel husk and silk. Serve hot with 1teaspoon chili lime butter for each serving. Makes 4 servings.

Adapted from: 5 A Day for Better Health Program Recipes

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# Tomato Topped Fish Fillets



2 large, fresh tomatoes  
3 tsp. vegetable oil  
1 ½ lbs. flounder  
2 Tbsp lemon juice  
1/8 tsp. ground black pepper  
2 Tbsp. seasoned bread crumbs  
1 tbsp. parmesan cheese, grated

1. Preheat oven to 350 F. Core and cut tomatoes into 1 inch slices. Set aside.
2. Oil bottom of a baking dish with 1 tsp. Of oil. Arrange tomato slices in dish. Fold filets in half crosswise. Place on tomatoes.
3. Sprinkle with lemon juice and pepper.
4. In a small bowl mix bread crumbs, cheese and remaining 2 tsp. Oil.; sprinkle on fish. Bake uncovered, until fish flakes easily with a fork, 20 to 25 minutes. Serves 4.

Per serving: Calories 217, 28 g protein, 6 gm fat, 85 mg cholesterol, 187 mg sodium

Recipe adapted from: Produce for Better Health Recipes

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# California Avocado Sweet Spread



1/5 ripe Genuine California Avocado  
2 ½ tsp. orange marmalade  
1/8 tsp. ground ginger  
1 slice whole wheat toast

1. In a medium bowl, mash avocado with a fork.
2. Stir in marmalade, then ginger to taste.
3. Spread on toast and serve.

Yield: 1 serving

Per serving: Calories 182, 28 g carbohydrates, 8 g fat, 3 g fiber, 0 mg. Cholesterol, 173 mg sodium

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# Mushroom Brushchetta

1 Tbsp olive oil  
1 tsp coarsely ground pepper  
2 tsp hot curry powder  
1 ½ lbs button mushrooms, coarsely chopped  
1 medium onion, peeled and finely chopped  
4 cloves garlic, peeled  
2 tsp dried leaf oregano, crushed  
2 Tbsp Balsamic vinegar  
1/3 cup finely chopped parsley  
salt and pepper, to taste (optional)  
1 loaf or 16 ½" thick slices of Italian or French bread  
Extra virgin olive oil (optional)



1. Heat oil, pepper and curry powder in deep skillet over medium-high heat.
2. Add mushrooms, onion, 1 cloves minced garlic and oregano. Mix well, cover and cook for 2-3 minutes.
3. Remove lid, lower heat and continue to cook, stirring often until mushroom mixture is somewhat dry in texture.
4. Remove from heat and mix in vinegar and chopped parsley. Adjust seasonings. Cool to room temperature.
5. Toast bread until golden. While toast is still warm, rub cut garlic on one side of each slice. If desired, drizzle with olive oil.
6. Place warm brushchetta around mushroom topping and serve immediately.

Yield: 8 Servings

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# Baked Apples

4 apples  
2 cups water or apple juice  
¼ tsp cinnamon  
1/8 tsp allspice or ground cloves  
1 tsp brown sugar



1. Pre-heat oven to 350F.
2. With a paring knife, make a light circular incision one-third of the way down from the top of each apple.
3. Remove the core of each apple with an apple corer or paring knife.
4. Place the apples into a small baking dish and add the water or apple juice so that the liquid comes about ½ inch up the side of the apples.
5. Bake for 40 to 50 minutes.
6. Remove apples to a plate and drain juices into a small saucepan. To the liquid, add cinnamon, allspice or cloves, and brown sugar.
7. Boil until the liquid is thickened and syrupy and pour over apples.
8. Serve immediately.

Yield: 4 servings

Per Serving: 136 Calories, 4g Fiber, 1g Fat, 0mg Cholesterol, and 4mg Sodium.

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